

Physical Training

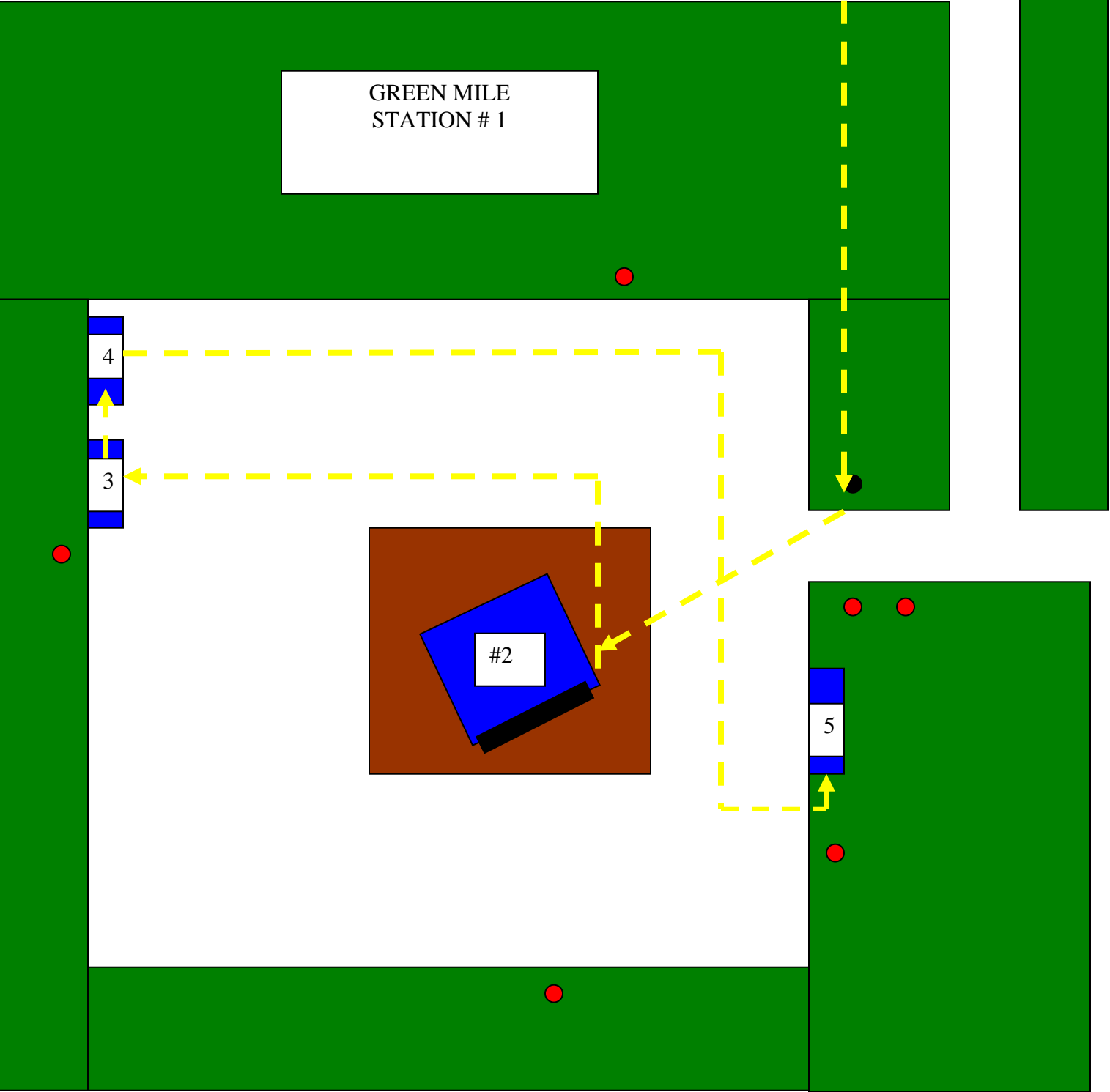
Basic Firefighter NPQ 1

Week#1 Head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). Knee pads optional

- Day One:*** (STATION 1) Field crawl with full PPE breathing air.
(STATION 2) Climb internal stairs of tower to the 5th floor.
Exit external stairs, walk back to station
- Day Two:*** (STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders).
(STATION 2) Climb internal stairs of tower to the 5th floor.
Exit external stairs, (STATION 3) window simulator
(STATION 4) restricted passage, walk back to station
- Day Three:*** 1 1/4 mile run with running shoes and comfortable clothing.
Run at slowest persons pace. This run is conducted around state prison
- Day Four:*** (STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders).
(STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator and, (STATION 4) restricted passage, walk back to station
- Day Five:*** (STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders).
(STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, walk back to station.

All physical training will begin with stretching including: push ups walk ups, arm raises, cross-overs, mountain climbing back stretches, leg stretches

WEEK ONE



Physical Training

Basic FirefighterNPQ1

Week#2 *(All gear except face piece)*

Day One: *(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, walk back to station*

Day Two: *(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, walk back to station (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes*

Day Three: *1 1/4 mile run with running shoes and comfortable clothing. Run at slowest persons pace. This run is conducted around state prison*

Day Four: *(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, walk back to station (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes*

Day Five: *(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes*

FIRE
STATION
#13

WEEK TWO

START

GREEN MILE STATION 1

4

3

2

8

10

9

5

7

6

Physical Training

Basic FirefighterNPQ1

Week#3 (All gear)

Day One: *1 1/4 mile run with running shoes and comfortable clothing. Run at slowest persons pace. This run is conducted around state prison*

Day Two: *(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes*

Day Three: *(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes*

Day Four: *(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes maze (STATION 9) Hose pull (STATION 10) Hose carry*

Day Five: *(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes (STATION 8) third story maze (STATION 9)Hose pull (STATION 10) Hose carry*

COURSE

FIRE
STATION
#13

GREEN MILE 1

4

3

2

8

9

10

5

7

6

Physical Training

Basic Firefighter NPQ 1

Week#4 (All gear)

Day One: 1 1/4 mile run with running shoes and comfortable clothing. Run at slowest persons pace. This run is conducted around state prison

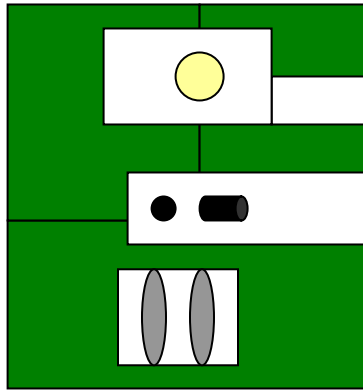
Day Two: (STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes

Day Three: (STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes

Day Four: (STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes maze (STATION 9) Hose pull (STATION 10) Hose carry

*Day Five: **FINAL PT ABILITY TEST** (INCLUDED WITH HARD COPY SUBMITTAL- THIS TEST IS THE ONE THAT FIREFIGHTER STANDARDS AND TRAINING USES.)*

FIRE
STATION
#13



GREEN MILE 1

